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TALON

**Soldiers learn crowd control
through nonlethal methods**

Inside this issue:

**Red Cross prepares to close doors at Eagle Base
U.S., Polish patrol for peace**

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TALON

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In Honor of Hispanic American Heritage Month

Carmelita Vigil-Schimmenti was born in 1936 in Albuquerque where she lived at her family's ranch between Edgewood and Moriarty. She was the first Hispanic female to attain the rank of brigadier general in 1985 and was the first female general from New Mexico. She received her nursing diploma from Regina School of Nursing in Albuquerque.

Because of her work on the base, she decided to join the military as a nurse. She joined the Air Force in 1958 and held clinical, teaching, and administrative positions all over the world. She obtained a bachelor's degree in nursing in 1966 and a master's degree in Public Health in

1974. She attended the prestigious Air Force Flight Nurse School, the Air War College, and the Inter-Agency Institute. She began her military career at Wright Patterson Air Force Base in Ohio and served in the Pacific Theater during the Vietnam War.

Brig. Gen. Vigil-Schimmenti earned many military decorations including the Distinguished Service Medal, the Legion of Merit Medal, the Air Force Commendation Medal, and the Armed Forces Expeditionary Medal. (Information from Honoring Hispanas. The Hispano Round Table of New Mexico. www.hrtnm.org/legdinner/2001.html).

On this day in History...

1990 President Bush at the United Nations, condemns Iraq's takeover of Kuwait.

Word on the street...

How do you feel about soldiers at Camp Bondsteel, Kosovo, wearing civilian clothes on the weekends?



Sgt. 1st Class Tarina Reed
Combat Camera
982nd Signal Co.

"Kosovo is a hotter region. If they can wear civilians, then we should too."



Sgt. Christopher Brassard
Flight Medic
1159th Medical Co.

"It provides a good atmosphere and I think they are leading the way. We should do it too."



Spc. Calvin Ramsey
Accounting Specialist
220th Finance Det.

"I think it's good because it gives soldiers their own identity."



About the covers: Front, a soldier from the 28th Inf. Div. stands ready before being assaulted by an angry mob during nonlethal weapons training. (Photo by Sgt. 1st Class Kelly Luster). Back, Spc. Greg Campbell, Co. C, 109th Inf., prepares a tactical satellite to receive communications. (Photo by Maj. John Dowling)





Task Force Eagle
Stabilization Force
SFOR XII
Bosnia-Herzegovina



Col. Harry Coulter
Multinational Division
(North)
Ground Forces
Commander

Thousands of miles have been logged on the tactical vehicles as the task forces patrol their areas of responsibility. Flight hours are ticking away as our pilots observe the ground for unusual activity. All of this contributes to a safe and secure environment for the people of Bosnia and Herzegovina.

We have been here in our

Ground Forces Commander... Don't fall victim to complacency

new environment for more than a month. Our living quarters are finally arranged, our physical fitness programs are on-track, and our daily way of life is becoming routine.

Everyone in Multinational Division (North) has been doing great work for the betterment of peace and stability in BiH. Every soldier who is mingling with the citizens of this country is truly an ambassador of peace.

I have traveled throughout the MND (N) area of responsibility and I am impressed with the professionalism of our soldiers. There is no question that our soldiers are committed to fulfilling the mandate of the Dayton Peace Accords, but are equally committed to helping the people of this country in

ways not outlined in our mandate. We are all about "people helping people."

As we become more comfortable in our new roles and begin to know the patrol routes like the streets and familiar byways of our own hometowns, I worry about complacency and "cutting corners."

This is an environment that does not afford complacency. Everyone needs to follow the standards that have been put in place and leaders must consistently, not arbitrarily, enforce those standards.

I like to use the example of a police officer responding to an accident scene to help the injured. The police are trained and required to activate their lights and siren when expeditiously responding to the scene.

If the police fail to apply that training and cause an accident, they will not only be unable to assist the injured, but may also place themselves at risk of injury or liability, in addition to creating another emergency situation. All of this because they failed to follow the rules and apply their training.

I realize that everyone has been briefed on the importance of safety, standards, and complacency time and time again. At no time in your military career is it more important to heed those words of wisdom than today and throughout the coming months.

What we can't fail to do is maintain our own safe and secure environment for our most valuable asset — the soldier. **Roll On!**

Got questions? Ed center has answers

Spc. Jessica Abner

Assistant Editor, 354th MPAD

Do you have spare time on your hands after work? Are you looking to work on a college degree or take a foreign language class? The Education Center offers a world of opportunity for soldiers who are interested in furthering their education or familiarizing themselves with the language here.

Programs and services available at most Army education centers include academic and career counseling, as well as university and college programs with 100 percent tuition assistance. Army Personal Testing (APT), Defense Activity for Non-Traditional Education Support (DANTES) testing, Functional Academic Skills Training (FAST) classes, Advanced Skills Education Program (ASEP) classes, the Army Learning Center, and Serbo-Croatian Head-start classes are among the programs offered by the Eagle Base education center. The Credentialing Opportunities Online (COOL) program is the latest resource to help soldiers obtain civilian credentials related to

their military occupation. The Army Library is also at soldiers' disposal.

Some soldiers take advantage of the Education Center's opportunities because the classes offered here are at no cost and are beneficial to them personally and professionally. "I want to be able to speak to the locals. I go off post at least once a week and I want to become proficient in the language," said Spc. Jon Gablinske, helicopter mechanic, 1159th Air Ambulance.

As a civilian, Staff Sgt. Edward Breach, administrative NCO, 281st Personnel Service Detachment, is employed as a steelworker in Stanton, Pa. Back home he works with various nationalities including Serbians and Croatians who speak a foreign language in the mill.

"I hear the older guys talking at work and I want to learn their language to better understand and talk with them," said Breach, who will take an upcoming Serbo-Croatian class. The language class not only benefits him in Bosnia and Herzegovina, but at work in Stanton as well. Breach also plans on completing college courses here on the way toward earn-

ing his safety degree.

According to Kathleen Connolly, education services officer, one of the most important services offered at the Education Center is academic and career counseling, which is the first step a soldier must take when they visit the center. Academic career counseling is provided by appointment, however, soldiers can walk-in. When a soldier visits one of the professional counselors, they explain their goals and aspirations. The counselor does a personalized assessment to help them make choices.

"We're here to support, enhance, and help mission readiness," said Connolly.

The Eagle Base Education Center is located at Sapper Point across from the laundry service and is open every day from 7 a.m. to 7 p.m. for soldiers who want to take advantage of this opportunity.

More information about courses offered by the education centers at Eagle Base and the forward operating bases is available on the world wide web at:

<http://www.armyeducation.army.mil>

28th Division soldiers learn crowd control using nonlethal methods

by Maj. John Dowling

Commander, 354th MPAD

EAGLE BASE, Bosnia — Riotous crowds pressure the front door of a local municipal building screaming for the release of a popular political dissident. A wall of U.S. infantrymen clad in gladiator-like attire methodically march forward poised for confrontation.

The two factions stand toe-to-toe, anticipating the opposition's next move. An argument ensues and harsh words are exchanged as the protesters attempt to penetrate the defense. After an hour of such assaults the integrity of the human fortress remains intact, but the crowd of angry protesters peacefully disperse without a single shot fired in anger.

U.S. soldiers of MND (N) recently played out this scenario while conducting crowd control and nonlethal weapons training on Eagle Base. The exercise was designed to teach peacekeepers how to support local police in the event of a civil disturbance without using deadly force.

"The training is designed to enhance our soldiers' capabilities and provide commanders a different tool besides lethal weapons when dealing with stability and support operations," said Eric Nizer, the USAREUR nonlethal action officer.

Nizer is a civilian with U.S. Army Europe's Seventh Army Training Command. A team of five military police officers from the 95th Military Police Bn. assisted in teaching the finer points of crowd control. "The bottom line is to maintaining public order without an escalation in force."

Participants included Pennsylvania National Guard soldiers deployed to Bosnia and Herzegovina for Operation Joint Forge. Soldiers were from the 1st Plt., Co. C, 109th Inf. Bn. (Task Force Blue Steel) based at Forward Operating Base (FOB) Connor and members of 1st Plt., A Troop, 104th Cavalry Squadron (Task Force Saber) assigned to FOB Morgan.

Nizer was impressed with the results of the training exercise, which attempted to replicate a possible real-life scenario in this country where a popular community leader is detained for breaking the law. The training runs contrary to the primary mission of the infantry where the "spirit of the bayonet" is the order of the day.

"They're motivated and understand the mission they were sent here for. Infantry soldiers are trained to kill in combat; now, we're trying to put them in the mindset not to kill or hurt. They seem to be receptive to that," said Nizer.



by Maj. John Dowling

A show of force projects a powerful presence in crowd control operations. Staff Sgt. Robert Babich, Co. C, 109th Inf., warns protesters to "back off" while maintaining the protective perimeter.

The four-day training included orientation to crowd control equipment such as batons and shields, crowd dynamics, hand-to-hand combat, and nonlethal weapon munitions and live fire exercises. Platoon leaders were given a warning order two days prior to the event to be prepared to respond to a call for a quick reaction force in the community.

The scenario forced platoon and squad leaders to exercise their leadership abilities in planning and conducting crowd control operations.

"It was real good training. We knew they were going to press us. We wanted to be able to keep our cool. When the situation escalated, we were the ones that were in control," said 1st Lt. Sean O'Brien, 1st platoon leader, Co. C.

It's not easy with an angry crowd of role-playing soldiers taunting them and dousing them with water, according to O'Brien. But the training effectively pre-

pared soldiers to rapidly respond to realistic conflicts that could occur on their patrols.

"They were grabbing our shields, throwing water on us and taking our sticks when they had the chance," he said. "It really



by Sgt. 1st Class Kelly Luster

A nonlethal round made of rubber can be fired from a shotgun as an alternative to live rounds.



by Sgt. 1st Class Kelly Luster

Soldiers stand shoulder-to-shoulder and do everything possible to hold their ground while role-playing rioters push them to the limit.

tests the platoon. When you go through your rehearsals, you never know what the other guy is going to do. You can't catch that feeling of what's going to happen next until it actually happens."

The training was the first opportunity for the two platoons to train together on the deployment where split-second decision-making could mean the life or death of a fellow soldier or even a civilian. The experience was invaluable.

"It's very important. You always got to be looking out for your buddy, especially on the front line with the shield. Everybody has to be communicating for unity and not let anyone get separated,"

said Sgt. James Prebich, grenadier, Co. C, 109th Inf.

"You have to control your emotions and not let them get the best of you. It was excellent training."

As a firefighter back home in Philadelphia, Sgt. 1st Class Wayne Cockroft, squad leader, A Troop, 104th Cav., is used to putting himself in the face of danger. However, his civilian career training couldn't have prepared him enough to encounter a hornet's nest full of role-playing soldiers.

"From the training perspective, it does intimidate you," said Cockroft. "If you escalate it and imagine it as a real-live scenario. It's extremely intimidating."

But like all Army training events, working together is the key to success.

"Teamwork is extremely important. You won't survive if you don't have good teamwork."

A demonstration of non-lethal weapons and munitions was held on a small range near the training event. Ammunition including sponge grenades, and rubber shotgun pellets and bullets were used to show members of the local media SFOR's capability to contribute to the safe and secure environment in Bosnia and Herzegovina without jeopardizing the lives of local civilians.



by Sgt 1st Class Kelly Luster

Nearly two hours of protesters pushing, pulling, shoving and grabbing tested the patience of the soldiers from Task Forces Saber and Blue Steel. The role players took this job seriously, proving a formidable opponent.

Are you running in quick sand?

by Sgt. 1st Class Kelly Luster

Editor, 354th MPAD

"I woke up this morning and looked around. As tears fill my eyes, I realize I'm still *here*. I keep waking up hoping this is just a terrible nightmare and I'll find myself at home in my own bed. The weather is getting colder and wetter. My platoon sergeant won't get off my back. I'd like to kick his @\$%&%. I miss my family. I feel like jumping off a tall building. I just can't take it anymore." **Who am I?**

According to the Combat Stress Control team here, this could be any soldier stationed anywhere in the world. Soldiers go through an extraordinary amount of stress while deployed. Whether it's workload, weather, or trouble at home, stress can be detrimental to the soldier and, in a larger sense, the unit's effectiveness to carry out a mission.

Stress is not rank specific either. Although it sometimes seems as though some have it easier than others, it's not that way at all. Officers and enlisted soldiers both feel the pressures of deployment. You may

worry about driving on the roads of Bosnia and not having an accident. Your commander worries about the entire platoon. His boss worries about the company or battalion, and so on all the way up to the commanding general. As soldiers and leaders, we need to recognize and combat the rigors of stress.

Stress is the body and mind's process for dealing with demands placed on them. Every person has different points at which they feel "stressed" as well as different ways to deal with it. Some people exercise while others read, watch a movie, or listen to music.

There are many factors that can contribute to stress. SFOR XII is comprised of National Guard and Army Reserve soldiers. Mobilization for citizen-soldiers is particularly hard for individuals whose day-to-day activities have changed so dramatically over the past few months.

Stress can be environmental, physical, cognitive or emotional and all have different consequences. A soldier might be cold, worried about how they'll react to confrontation, hungry, and simultaneously be going through a divorce at home. All of those

factors can wear on a soldier and hamper their effectiveness on the job. Stressors can be good or bad, depending on the individual.

Stress may build unit cohesion. It may cause soldiers to have increased strength or endurance, or conversely, it may cause a soldier to go AWOL or turn to drugs and alcohol or worse, suicide.

Dealing with stress can be as simple as doing an aerobic exercise three times each week or making necessary changes to your diet. This may include eating less fatty foods or taking a complex B vitamin. Something as simple as time management or breathing and relaxation techniques can help in dealing with stress also.

Ultimately, stress is inevitable. However, it can be managed. The Combat Stress Control team will be conducting required briefings to every U.S. soldier in MND (N) to ensure they are aware of stress and the help is available.

Remember stress is a normal part of everyone's life. The body needs stress to function. Balance is the key. If you would like more information about managing stress, you may contact the Combat Stress Control team at 762-0230.

Red Cross bids farewell to Eagle Base

by 1st Lt. Kevin McNamara

Media Ops, 354th MPAD

After seven years of faithful service to soldiers in Bosnia and Herzegovina, the American Red Cross presence on Eagle Base will officially end in early October.

Limited staff availability, a dwindling need for Red Cross services, and other military operations throughout the world have converged to make the local office closing a necessary, according to Doug Timpson, Red Cross station team leader. American Red Cross military workers are currently supporting troops in Afghanistan, Bosnia, Kosovo, Kuwait, and Saudi Arabia.

The Red Cross office has two missions on Eagle Base; processing emergency messages and providing morale support to soldiers. The office sponsors events like movie nights, game nights, bingo, po-

etry nights, and even pumpkin carving contests. Operations continue seven days a week from 7 a.m. to midnight.

The Eagle Base Red Cross office opened in December of 1995, shortly after the first American troops arrived in Bosnia and Herzegovina. In that time the Red Cross has processed over 20,000 emergency messages.

Emergency messages for service members usually involve the death of a loved one, a serious illness, an accident involving a family member, or other extreme hardship that requires the presence of the service member back in the United States. Emergency message traffic has been steadily declining on Eagle Base.

"We're handling about half

the number of emergency messages that we handled in 2000," said Timpson. Increased use of the Internet, e-mail, and cell phones have also contributed to the decrease in emergency message traffic.

Emergency message traffic will be handled by the Multinational Division (North) G3 operations center to assist soldiers once the Red Cross leaves. The organization began planning the transition during SFOR XI.

"There will be virtually no difference in operations. We have trained the current G3 staff and soldiers can rest assured that emergency messages from home will reach them," said Timpson.

Red Cross military workers

also service Department of Defense contractors and civilian employees on Eagle Base. Services provided by the Red Cross will not go away completely.

United Service Organizations will establish an office on Eagle Base shortly after the Red Cross departure. The USO will provide many of the same morale support services like the Red Cross does such as movie nights.

"We appreciate the support from service members and the Eagle Base community. The military community in Bosnia has been supportive," said Timpson.

"We're sad to go, but the Red Cross office will still take care of business and be there for the soldiers until we close the doors."

Timpson and fellow military worker Sherry Dutton have been assisting SFOR soldiers at the Red Cross office on Eagle Base since June 2002.



U.S., Polish patrols partner for peace

by Maj. John Dowling

Commander, 354th MPAD

SREBRENICA, Bosnia — For decades, the United States and Poland stood at opposing ends of the political, economic and military spectrums. Multinational Division (North) soldiers representing both of these countries now find themselves partners in pursuit of peace in Bosnia and Herzegovina.

Recently, a squad from Task Force Blue Steel teamed with

The squads alternated presence patrols over the course of two days. The Americans traveled to Doboj the first day to cover the NPBG sector, and the Polish troops made the trek to Forward Operating Base Connor the next day to return the favor.

While there was no jolly old man wearing a big red suit, the Polish soldiers stood out sharply in their wine-colored berets and distinctive airborne patches on their shoulders. It was the same patch on Polish

their individual weapons. All of the soldiers' eyes looked on in amazement as they held weapons they had only ever seen in books or on film..

"That's what I like, just getting to know a soldier from another country and seeing how we're all the same," said Williams. The concept of joint patrols was not completely "foreign" to Williams, as he had previously trained with Dutch Marines as a member of the Marine Corps. "A soldier is a soldier the world over."

Staff Sgt. Kadziola is usually assigned as a paratrooper at the 6th Airborne Brigade headquarters in Krakow. As one of 350 Polish troops here with the NPBG, he has gained additional respect for his American counterparts. However, it was not his first time working with U.S. soldiers.

"The American soldiers are very good," said Kadziola. He was previously in Bosnia for one year in 1997 under the command of the 49th Lone Star Division from Texas. A lot has changed during the course of the past five years, according to Kadziola.

"Comparing Sarajevo in 1997 to today, it's very different. It's normal here now," he said. "In 1997, working here was very dangerous."

The only danger encountered on this mission was a communication barrier.

"We had only one small problem, I am the only one who speaks (even) a little English," Kadziola said. But by using hand signals, talking slower and being patient, the soldiers were able to successfully carry out the mission.

The area patrols were covering had once been dangerous. The day after the patrol, a ceremony was planned to open the first new Muslim mosque in the community. Presence patrols like these are critical in contributing to peace in areas where emotions can still run high.

In recognition of the event, the troops also stopped by the bleached-white stone monument in Srebrenica that sits in memory to those local citizens killed during the war.

The joint squad is on patrol knowing that their efforts to work together sets a positive example for local citizens who express doubt whether real peace will ever take hold among the previously warring factions of this country.

"It's absolutely invaluable. Most of (the American soldiers) have never worked with other nationalities before today," said Staff Sgt. Karl Petersen, the squad leader. "So to see them interact and think that 15 years ago we never would have talked to them or seen them up close; now they're working side by side. That's a good thing."



by Maj. John Dowling

1st Lt. Darek Sprawka, platoon chief, Nordic Polish Battle Group, allows Staff Sgt. Karl Petersen, squad leader, Task Force Blue Steel, to examine his weapon during a break in a recent joint patrol in Srebrenica. TRW interpreter Zeljko Movic (left) looks on.

counterparts of the Nordic Polish Battle Group to provide a significant presence in a sometimes contentious area near Srebrenica. While contributing to peace and stability in the area where several thousand Muslim males were killed during the war, the troops were sending an important message that former foes can put differences aside.

"I wasn't sure what to expect. As soon as they said 'Nord-Pol,' I thought they thought they said 'North Pole,' so I thought ... Santa Claus?" said Spc. Greg Campbell, driver, Co. C, 109th Inf., who in his two years in the army had never trained with other nations. "While we were up in their sector, we trained with the Finns, Swedes and the Poles. Just to see the way they ran their armies was impressive."

Staff Sgt. Darek Kadziola's uniform that drew the attention of Sgt. Richard Williams, gunner, Co. C., 109th Inf.

"I'm a history buff and recognized the airborne patch," said Williams.

"I talked to Kadziola about Poland's participation in Operation Market Garden during World War II. He verified the (Polish commanding) general's name," said Williams, referring to the role of the 1st Polish Airborne Brigade Commander, Stanislaw Sosabowski, played by actor Gene Hackman in the movie "A Bridge Too Far". "I thought that was cool."

Mutual interests such as movies, lead to discussion and allow the soldiers to get to know and appreciate each other. During one stop, the soldiers demonstrated the operability of



by Maj. John Dowling

Sgt. Richard Williams, gunner, Task Force Blue Steel, talks history with Staff Sgt. Darek Kadziola, squad leader, Nordic Polish Battle Group, before a recent joint patrol at Forward Operating Base Connor.

